11: League of Nations G-4 (no date) 1939 RB5 Lithuanians RB5

XI. RURAL NUTRITION

According to researches carried out by Professor Vl. Lašas, of the Institute of Physiology at Kaunas University, the peasant's diet is made up as follows (see table). 146

Vegetable proteins constitute 65% and animal proteins 35% of the total proteins consumed by the peasant. The sources of these proteins are : cereals 47%, potatoes 16%, vegetables and fruits 2%, meat 14% and dairy produce 21%.

Animal fats form 85% and vegetable fats 15% of the peasant's daily fat ration ; 48% of the fat content of the food consumed is derived from meat, 37% from dairy produce, 13% from cereals and 2% from potatoes, vegetables and fruits.

Carbohydrates are almost entirely of vegetable origin (96%) ; 60% of the carbohydrate content of the food consumed is derived from cereals, 32% from potatoes, 2% from vegetables and fruits, 2.6% from sugar and honey and 3.4% from milk.

Of the calorie content of the food consumed, 13.6% is derived from proteins, 16.4% from fats and 70% from carbohydrates. The sources, according to the foodstuffs from which the calories are derived, are : cereals 50%, potatoes 25%, vegetables and fruits 1.5%, sugar 2%, meat 10%, dairy produce 11.5%.

The peasant consumes 127.6 grammes of proteins daily, an amount which is adequate.

His daily caloric ration is also adequate — *i.e.*, 3,861 gross or 3,479 net. His diet contains 657.8 grammes of carbohydrates and 68.7 grammes of fats — *i.e.*, a proportion of 9.5 to 1. In view of climatic and labour conditions, the proportion might with advantage be slightly modified, so as to increase the fat ration.

As the peasant sells fats in the form of milk, butter and pigs, he does not consume them, so that his intake of fat-soluble vitamins is very small.

The peasant's daily intake of vitamin D (anti-rachitic) is 2.38 milligrammes ; of vitamin A (anti-xerophthalmic), 5,990 international units ; of vitamin C (anti-scorbutic), 129 milligrammes ; and of vitamin B (anti-neuritic), 1,051 international units. His daily ration is therefore quite adequate so far as vitamins B, C, and A are concerned, but his vitamin-D intake is insufficient.

11: League of Nations G-4 (no date) 1933 RB5 Lithuanians RB5

262
146

AVERAGE DIET (PER DAY) OF THE LITHUANIAN PEASANT (male adult)

Order	Foodstuff	Amounts consumed					Amounts absorbed
		Grammes	Proteins (grammes)	Fats (grammes)	Carbohydrates (grammes)	Calories (gross)	Calories (net)
1.	Rye bread	548.7	25.67	5.49	279.84	1,344.31	1,152.27
2.	Wheat bread	3.1	0.28	0.03	1.43	7.25	6.51
3.	White bread	3.5	0.24	0.02	2.—	9.31	8.4
4.	Wheaten flour	16.—	1.89	0.24	11.36	56.64	48.8
5.	Barley flour	4.8	0.48	0.11	3.5	17.38	14.4
6.	Flour for pancakes	85.6	12.75	1.28	58.21	303.02	267.07
7.	"Kisielius" (a kind of oatmeal)	5.—	0.28	0.16	1.3	8.3	7.2
8.	Barley gruel	28.4	2.84	0.65	20.76	102.81	86.2
9.	Wheat gruel	0.9	0.1	0.01	0.07	3.98	2.7
10.	Thick gruel	10.2	0.57	0.31	2.86	16.83	16.32
11	"Vedarai" (intestine filled with grated potato, gruel and blood)	1.5	0.11	0.16	0.57	4.19	3.75
12.	Ground groats	0.8	0.09	0.01	0.61	2.92	2.4
13.	Dried peas	20.—	4.6	0.4	10.4	65.2	58.—
14.	Potatoes	1,010.6	21.23	1.01	212.27	970.37	909.7.
15.	Cabbage	54.7	0.55	0.27	3.58	15.86	8.—
16.	Beetroot (soup)	27.8	0.28	—	1.95	9.17	8
17.	Beetroot	16.3	0.16	—	1.14	5.38	4
18.	Leaf-stalks of beetroot	1.9	0.02	—	0.13	0.36	—
19.	Beetroot leaves	5.9	0.06	—	0.41	1.18	—
20.	Carrots	3.8	0.04	—	0.34	1.56	0.95
21.	Salad	0.9	0.01	traces	0.02	0.11	0.07
22.	Radishes	5.9	0.06	—	0.24	1.18	1.12
23.	Cucumbers	34.7	0.21	—	0.35	2.43	—
24.	Onions	9.2	0.03	—	0.23	1.03	—
25.	Poppy	0.4	0.08	0.16	0.07	1.74	1.21
26.	Mushrooms	7.1	0.36	0.01	0.21	0.41	1.99
27.	"Kisielius" made of cranberry	0.6	0.001	0.0001	0.1	0.42	0.36
28.	Red whortleberry jam	0.6	0.01	—	0.37	1.45	1.42
29.	Strawberry jam	1.2	0.01	—	0.73	2.9	2.84
30.	Apples	8.7	0.01	—	1.36	5.72	3.88
31.	Plums	4.—	0.03	—	0.68	2.92	1.—
32.	Sugar	10.3	—	—	10.29	40.68	40.17
33.	Honey	8.8	0.03	—	7.04	26.4	26.4
34.	Pork, half-lean	31.2	5.62	6.55	—	83.93	79.56
35.	Pork, lean	3.2	0.67	0.22	—	4.83	4.48
36.	"Kisielius" (a kind of jelly)	1.6	0.34	0.11	—	2.42	2.24
37.	Pork, mutton, hare	10.2	2.04	0.39	—	17.44	16.42
38.	Mixed soup	7.2	0.61	0.02	0.01	2.66	2.36
39.	Mutton	1.2	0.23	0.08	—	1.69	1.62
40.	Stocking leg	5.6	1.18	0.39	—	8.46	7.84
41.	Ham	4.5	1.13	1.62	—	19.67	18.9
42.	Sausage	0.2	0.06	0.1	—	1.12	1.06
43.	"Skilandis" (the stomach of a pig filled with minced pork)	2.2	0.55	1.06	—	12.1	11.5
44.	Bacon	21.6	3.02	11.02	—	114.48	110.16
45.	Fat	10.3	0.01	10.25	—	95.38	94.76
46.	Linseed oil	0.03	—	0.03	—	0.28	0.28
47.	Fish	11.9	1.19	0.04	—	4.76	4.16
48.	Herrings	4.1	0.57	0.49	—	6.89	6.35
49.	Eggs	2.—	0.28	0.22	0.01	3.24	3.—
50.	Fresh milk	240.2	8.17	8.17	11.29	156.13	151.33
51.	Skim-milk	48.7	1.66	0.05	2.29	16.56	14.61
52.	Curdled milk	193.1	6.37	5.21	5.69	110.07	104.27
53.	Buttermilk	7.6	0.26	0.04	0.36	2.89	2.51
54.	Cream	23.3	0.79	2.33	0.93	28.66	27.96
55.	Butter	10.8	0.06	9.05	0.05	84.67	84.24
56.	Curds	30.3	5.76	0.18	0.7	28.48	25.76
57.	Cream cheese	10.5	3.99	0.21	0.32	19.53	17.53
	Total		127.67	69.7	657.8	3,861.—	3.479.—